



2009-2010 JUVENILE-INTERMEDIATE FREE DANCE

2009-10 Free Dance Version 1.0 5/2009 JDE

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p>JUVENILE</p> <p>2:15 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts (max 6 seconds) Long Lifts not permitted</p> <p>If a long lift is performed, the technical panel will call it and the element(s) will be asterisked as no value. If the lift duration is longer than the maximum of 6 seconds, the referee would take the extended lift deduction.</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs on 1 foot by both partners</p> <p>Combo Spin – min 3 revs on each foot by both partners</p>	<p>Max 1</p> <p>Circular, Midline or Diagonal in hold Must use full ice surface Serpentine and Not Touching Midline sequence are <u>not</u> permitted</p> <p>Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequence.</p>	<p>Max 1*</p> <p>Synchronized Twizzle</p> <p>*If a set of synchronized twizzles is performed instead of the required element, a synchronized twizzle, only the first twizzle of the set will be called, using the criteria of ISU Communication 1331. The additional twizzle and steps can be considered by the judges in the program components.</p>	<p>Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.</p> <p>Kneeling or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.</p> <p>See current season's ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p><u>Other illegal elements</u></p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>
<p>INTERMEDIATE</p> <p>2:30 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts (max 6 seconds) Long Lifts not permitted.</p> <p>If a long lift is performed, the technical panel will call it and the element(s) will be asterisked as no value. If the lift duration exceeds 6 seconds, the referee would take the extended lift deduction.</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin –min 3 revs on 1 foot by both partners</p> <p>Combo Spin – min 3 revs on each foot by both partners</p>	<p>Max 1</p> <p>Circular, Midline or Diagonal in hold Must use full ice surface Serpentine and Not Touching Midline sequence are <u>not</u> permitted</p> <p>Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequence.</p>	<p>Max 1</p> <p>Set of Synchronized Twizzles</p>	<p>Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.</p> <p>Kneeling or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.</p> <p>See current season's ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p><u>Other illegal elements</u></p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>



2009-2010 NOVICE FREE DANCE

2009-10 Free Dance Version 1. 5/20/09 JDE

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p align="center">NOVICE</p> <p align="center">3:00 +/- 10 sec</p>	<p align="center">Max 3</p> <p>3 different types of lifts. One may be a Long lift (max 12 sec) Short lifts (max 6 sec.)</p>	<p align="center">Max 1</p> <p>Spin or Combination Spin</p> <p>Spin –min 3 revs on 1 foot by both partners</p> <p>Combo Spin – min 3 revs on each foot by both partners.</p>	<p align="center">Max 1</p> <p>Circular, Midline, Diagonal or Serpentine (2 or 3 bold curves) in hold Must use full ice surface Not Touching Midline sequence <u>not</u> permitted</p> <p>Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequence.</p>	<p align="center">Max 1</p> <p>Set of Synchronized Twizzles</p>	<p>Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.</p> <p>Kneeling or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.</p> <p>See current season's ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p align="center"><u>Other illegal elements</u></p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>